



Mental Health

PERSONAL DEVELOPMENT

Mental health education is an increasingly important aspect of the Personal, Social, Health, and Economic Education (PSHE) curriculum in secondary schools. The focus is on promoting emotional well-being, resilience, and understanding of mental health conditions in a safe, supportive environment. Here's an overview of how mental health is integrated into our secondary school PSHE curriculum and how parents/carers can support.

Five key tips to help parents/carers support the mental health of their secondary school child

Keep Communication Open

- How: make time to talk regularly and listen without judgement.
- Why: feeling heard helps teenagers feel valued and reduces stress.

Watch for Changes in Mood or Behaviour

- How: notice signs like withdrawal, anger, changes in sleep or eating.
- Why: these can signal mental health struggles needing support.

Promote Healthy Routines

- How: encourage regular sleep, balanced meals and daily physical activity.
- Why: good routines support emotional wellbeing and reduce anxiety.

Teach Coping Skills

- How: talk about ways to manage stress, like breathing exercises or journaling.
- Why: coping strategies help teens feel more in control.

Know When to Get Help

- How: speak to your child's school or GP if you're concerned.
- Why: early support from professionals can make a big difference.